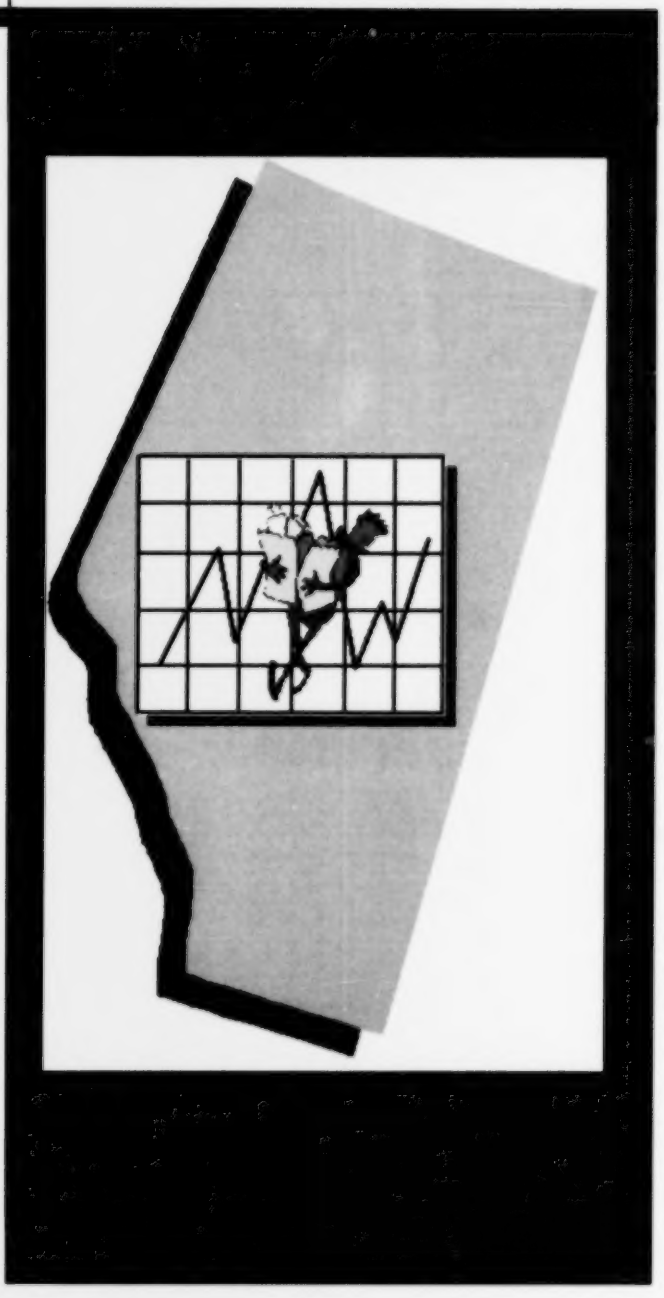
Alberta Retail Food Prices

Selected Communities
December 2009



Government of Alberta

Alberta Retail Food Prices - December 2009

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Introduction and Methodology

Alberta Retail Food Prices – December 2009

Objective of the Survey

The purpose of the survey is to continue to build upon the historical series of benchmark retail food prices, which have been collected in Edmonton since the early 1970's and in several communities across Alberta since . The data series provide accurate, timely and reliable information on retail food prices for a specific basket of items, for use in business analysis and planning. The information is also used by clients in health promotion programs, and nutrition education and counseling services, etc.

Choosing the Basket of Food Items

To obtain a benchmark pricing standard, specific national brands and sizes were chosen for the list of items priced. This is essential to ensure that differences in food costs are real, and not due to inconsistencies in quality found between different brands. The data collection form is very detailed with respect to the specifications for each item in the basket, in order to avoid inconsistencies due to brand and size selection and substitution rules.

In 2004, a review of the survey was undertaken to ensure that the latest information available from Health Canada's *Food Guide to Healthy Eating* and Statistics Canada's *Family Food Expenditure Survey* was reflected in the basket of items priced. The updated basket was more realistic in terms of balance between variety and nutritional value.

Following in 2008, Health Canada developed a revised National Nutritious Food Basket (NNFB) to replace the 1998 basket. The revised 2008 NNFB is based on the latest dietary guidance (Dietary Reference Intakes and Eating Well with Canada's Food Guide), as well as food consumption data (Canadian Community Health Survey, Cycle 2.2, Nutrition).

The Alberta Retail Food Prices survey methodology was updated based, in part, on the 2008 National Nutritious Food Basket, with a few modifications necessary to adapt the basket for differences in availability and product sizes in Alberta. As well, the prices of some additional items were retained to maintain our historical price series, and are included in the Alberta Retail Food Prices report.

Data Collection

Since the survey began in early 1996, Alberta Agriculture and Rural Development has been able to collect data in more than 90 communities across Alberta, by partnering with several regional health representatives of Alberta Health Services, Alberta Employment and Immigration and the Department of Agriculture, Food and Nutritional Sciences, University of Alberta. The number of participating communities changes in each survey, as do the participating partners.

For the December 2009 survey, representatives of Alberta Health Services, all of whom are either registered dieticians or nutritionists, were responsible for collecting the prices at the retail grocery outlets in their pre-determined communities. The exception to this is Edmonton and St. Albert, which were collected by Alberta Agriculture and Rural Development, Statistics and Data Development Branch. Those who were unable to collect the data themselves utilized the services of trained volunteers and student interns to do the data collection.

Publication of the survey

The publication of survey results is governed by the Statistics Act of Canada, which prohibits the disclosure of confidential information. Accordingly, the prices shown in this report represent weighted averages of several retail stores, gathered in the same week. Information from communities with less than three retail grocery stores are combined with other communities within the same health area or geographic location or suppressed completely. It is assumed that the number of retail grocery outlets in a community is a reliable indicator of consumer demand and, therefore, an adequate proxy for human population. The retail food prices shown are averages for each of the participating Alberta communities for a specific week, and cannot be directly compared to individual store prices in any community.

For the December 2009 survey, data for the following communities were combined by health area or geographic location, pre-determined through consultation with Alberta Health Services:

-Andrew-Lamont-Two Hills-Vermilion

-Barrhead-Westlock

-Brooks-Bassano

-Carstairs-Crossfield-Didsbury

To ensure confidentiality, data for the following communities were suppressed:

-Jasper
-Pincher Creek
-Stettler

Comparisons

Survey results from the previous survey (July 2009) and the survey conducted a year prior (November 2008) have been included where available, for use in comparing retail food prices within the same community over time. Since the 2009 basket contains several new items not previously priced, comparison of prices to previous survey results is limited to those items which are consistent between the old and new baskets.

Caution should be exercised when comparing retail food prices between different communities. Several different factors may affect the competitiveness of food prices between different communities. Grocery stores are often competitive with their "in-house" and generic brands and not necessarily with nationally available brands. Since it is necessary to have standardized pricing to achieve the benchmarks, national brands were chosen in order to ensure uniformity in quality and availability.

Acknowledgments

Assistance from representatives of Alberta Health Services is gratefully acknowledged.

For More Information

For further information on retail food prices in Alberta, please contact:

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Average Retail Food Prices for Airdrie, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	July 20-24, 2009	December 7-11, 2009
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	2.29	2.85	2.86
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.29	2.50	2.53
Cheddar Cheese, medium, 100 g	1.59	1.25	1.24
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.37	1.23	1.24
Processed Cheese, slices, 500 g	-	4.57	5.22
Ice Cream, 4 litre	5.10	5.34	5.84
Eggs			
Eggs, grade A large, dozen	2.23	2.20	2.17
Beef			
Inside Round Steak, boneless, kg	-	10.69	10.14
Inside Round Roast, boneless, kg	-	9.25	9.94
Ground Beef, lean, kg	5.97	6.04	5.62
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	9.24	9.44	9.57
Ham, sliced, regular, 175 g	-	3.73	3.69
Poultry			
Chicken, grade A, whole fryer, kg	5.60	6.66	6.13
Chicken Thighs, kg	6.02	6.75	6.75
Chicken Drumsticks, kg	6.37	6.55	6.33
Chicken Breasts, boneless & skinless, kg	15.21	16.34	16.58
Fish			
Fish, Sole, frozen, 400 g	-	5.68	5.29
Canned Salmon, sockeye, 213 g	3.53	3.19	3.11
Canned Tuna, flaked or chunk, in water, 170 g	1.63	1.53	1.66
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	4.70	4.44	4.88
Peanuts, dry roasted, 700 g	-	4.43	4.03
Baked Beans, canned, 398 ml	1.20	1.35	1.16
Lentils, dry, 400 g	-	2.28	2.06
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	4.09	4.84
Cereal, oats, quick cooking, 1 kg	-	3.74	3.30
Cereal, toasted oats O's, 525 g	-	5.48	5.52
Pita, whole-wheat, 324 g, 6's	-	2.87	3.02
Bread, whole-wheat, private label, 680 g	-	3.21	3.04
Flour, whole-wheat, 5 kg	9.04	8.98	8.68
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	3.69	4.03
Buns, hamburger, white, 540 g, 12's	-	2.70	2.84
Soda Crackers, unsalted tops, 450 g	2.93	2.76	3.13
Bread, white, private label, 570 g	-	2.85	2.40
Pasta, macaroni or spaghetti, enriched, 900 g	3.08	2.74	2.96
Flour, white, enriched, all purpose, 5 kg	9.04	8.98	8.68
Rice, converted, natural long grain, 900 g	4.79	5.01	5.15

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

'-' Indicates new food item not previously priced.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for Airdrie, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	July 20-24, 2009	December 7-11, 2009
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	2.34	2.67
Melon, cantaloupe, kg	-	1.53	1.76
Sweet Potato or Yam, kg	-	2.70	2.17
Carrots, kg	1.65	1.67	1.33
Dark Green Vegetables			
Beans, green, frozen, 750 g	2.94	3.66	3.58
Vegetables, mixed, frozen, 750 g	2.94	3.72	3.58
Peas, green, frozen, 750 g	2.94	3.66	3.58
Broccoli, bunches, kg	5.31	2.96	2.33
Lettuce, romaine, kg	-	1.99	3.77
Peppers, sweet green bell, kg	-	5.42	3.78
Other Fresh Vegetables & Fruits			
Apples, kg	2.82	2.91	2.34
Bananas, kg	1.48	1.59	1.50
Grapes, red or green, seedless, kg	-	4.94	4.59
Oranges, kg	3.00	3.48	2.95
Pears, kg	-	3.22	2.61
Cabbage, green, kg	1.37	1.68	1.37
Celery, stalks, kg	-	1.08	0.99
Cucumber, long english, kg	-	3.26	3.90
Lettuce, iceberg, kg	2.43	1.72	2.62
Mushrooms, white, bulk, kg	-	7.45	6.65
Onions, yellow, cooking, kg	1.39	2.12	1.37
Potatoes, white or red, 4.54 kg	5.18	7.18	4.78
Rutabaga, kg	-	1.82	1.37
Tomatoes, red, kg	5.09	3.04	4.10
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.17	3.36	3.19
Orange juice, frozen concentrate, 355 ml	1.79	2.00	1.61
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	-	3.07	3.47
Raisins, seedless, Sultana or Thompson, 750 g	-	4.36	4.38
Strawberries, frozen, unsweetened, 600 g	-	6.12	5.79
Corn, canned vacuum packed, 341 ml	1.12	1.45	1.51
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	1.78	1.88	1.93
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	4.54	5.12	5.16
Oil, canola, 946 ml	4.73	4.67	4.77
Salad Dressing, Italian, 475 ml	3.34	2.97	2.97
Mayonnaise, 475 ml	-	3.73	3.81
Butter, 454 g	3.80	3.74	3.42
Sweeteners			
Sugar, white granulated, 4 kg	4.70	4.94	4.38
Honey, creamed, pasteurized, 500 g	5.28	5.16	5.30

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

'-' Indicates new food item not previously priced

(2) Specifications changed February 2009

Prepared by Alberta Agriculture and Rural Development, Economics and Competitiveness Division, Statistics and Data Development Branch with assistance from participating regional health representatives of Alberta Health Services. For additional information please phone: 780-427-4011.

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Average Retail Food Prices for Andrew-Lamont-Two Hills-Vermilion, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	December 7-11, 2009
Milk Products & Alternatives	
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	3.57
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.17
Cheddar Cheese, medium, 100 g	1.54
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.40
Processed Cheese, slices, 500 g	5.99
Ice Cream, 4 litre	6.67
Eggs	
Eggs, grade A large, dozen	2.67
Beef	
Inside Round Steak, boneless, kg	11.20
Inside Round Roast, boneless, kg	10.95
Ground Beef, lean, kg	6.40
Pork & Processed Meats	
Pork Loin Chops, centre-cut, bone-in, kg	10.20
Ham, sliced, regular, 175 g	3.89
Poultry	
Chicken, grade A, whole fryer, kg	5.77
Chicken Thighs, kg	6.76
Chicken Drumsticks, kg	6.59
Chicken Breasts, boneless & skinless, kg	15.52
Fish	
Fish, Sole, frozen, 400 g	7.62
Canned Salmon, sockeye, 213 g	3.94
Canned Tuna, flaked or chunk, in water, 170 g	2.09
Meat Alternatives	
Peanut Butter, smooth or crunchy, 1 kg	6.54
Peanuts, dry roasted, 700 g	4.92
Baked Beans, canned, 398 ml	1.51
Lentils, dry, 400 g	2.37
Whole Grain Products	
Cereal, bran flakes with raisins, 675 g	5.62
Cereal, oats, quick cooking, 1 kg	4.57
Cereal, toasted oats O's, 525 g	6.24
Pita, whole-wheat, 324 g, 6's	3.12
Bread, whole-wheat, private label, 680 g	3.22
Flour, whole-wheat, 5 kg	9.36
Non-Whole Grain Products	
Cookies, arrowroot, 350 g	4.54
Buns, hamburger, white, 540 g, 12's	3.09
Soda Crackers, unsalted tops, 450 g	3.92
Bread, white, private label, 570 g	2.49
Pasta, macaroni or spaghetti, enriched, 900 g	3.24
Flour, white, enriched, all purpose, 5 kg	9.24
Rice, converted, natural long grain, 900 g	5.49

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for Andrew-Lamont-Two Hills-Vermilion, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	December 7-11, 2009
Orange Vegetables & Fruits	
Peaches, canned halves or slices, juice or water pack, 398 ml	2.79
Melon, cantaloupe, kg	2.48
Sweet Potato or Yam, kg	2.01
Carrots, kg	1.76
Dark Green Vegetables	
Beans, green, frozen, 750 g	3.99
Vegetables, mixed, frozen, 750 g	4.12
Peas, green, frozen, 750 g	4.14
Broccoli, bunches, kg	3.81
Lettuce, romaine, kg	6.03
Peppers, sweet green bell, kg	6.10
Other Fresh Vegetables & Fruits	
Apples, kg	2.63
Bananas, kg	1.91
Grapes, red or green, seedless, kg	7.75
Oranges, kg	3.26
Pears, kg	3.17
Cabbage, green, kg	1.47
Celery, stalks, kg	2.85
Cucumber, long english, kg	5.85
Lettuce, iceberg, kg	5.00
Mushrooms, white, bulk, kg	8.12
Onions, yellow, cooking, kg	0.98
Potatoes, white or red, 4.54 kg	5.29
Rutabaga, kg	1.91
Tomatoes, red, kg	6.60
Other Processed Vegetables & Fruits	
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.50
Orange juice, frozen concentrate, 355 ml	2.34
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	4.80
Raisins, seedless Sultana or Thompson, 750 g	5.74
Strawberries, frozen, unsweetened, 600 g	7.62
Corn, canned vacuum packed, 341 ml	1.60
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	2.47
Fats & Oils	
Margarine, soft, canola, low in saturated fat, 907 g	6.59
Oil, canola, 946 ml	5.52
Salad Dressing, Italian, 475 ml	3.84
Mayonnaise, 475 ml	3.99
Butter, 454 g	4.56
Sweeteners	
Sugar, white granulated, 4 kg	6.41
Honey, creamed, pasteurized, 500 g	6.64

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(2) Specifications changed February 2009

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Average Retail Food Prices for Barrhead-Westlock, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	July 20-24, 2009	December 7-11, 2009
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	3.01	3.21	3.33
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.93	3.45	3.00
Cheddar Cheese, medium, 100 g	1.53	1.59	1.11
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.48	1.60	1.29
Processed Cheese, slices, 500 g	-	5.71	5.46
Ice Cream, 4 litre	6.90	5.67	7.04
Eggs			
Eggs, grade A large, dozen	2.66	2.51	2.39
Beef			
Inside Round Steak, boneless, kg	-	12.77	11.68
Inside Round Roast, boneless, kg	-	10.73	9.70
Ground Beef, lean, kg	6.51	6.53	6.87
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	11.33	10.68	10.16
Ham, sliced, regular, 175 g	-	3.46	3.95
Poultry			
Chicken, grade A, whole fryer, kg	6.81	6.36	6.14
Chicken Thighs, kg	5.95	6.15	6.22
Chicken Drumsticks, kg	6.35	6.03	5.84
Chicken Breasts, boneless & skinless, kg	15.47	16.01	16.71
Fish			
Fish, Sole, frozen, 400 g	-	6.64	7.00
Canned Salmon, sockeye, 213 g	4.31	4.07	3.69
Canned Tuna, flaked or chunk, in water, 170 g	2.14	2.16	1.45
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	4.00	5.07	5.36
Peanuts, dry roasted, 700 g	-	4.87	4.73
Baked Beans, canned, 398 ml	1.23	1.12	1.43
Lentils, dry, 400 g	-	2.36	2.38
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	4.61	5.33
Cereal, oats, quick cooking, 1 kg	-	4.43	4.18
Cereal, toasted oats O's, 525 g	-	6.00	6.09
Pita, whole-wheat, 324 g, 6's	-	3.19	3.24
Bread, whole-wheat, private label, 680 g	-	2.76	3.04
Flour, whole-wheat, 5 kg	9.53	10.43	10.07
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	4.42	4.58
Buns, hamburger, white, 540 g, 12's	-	3.11	2.67
Soda Crackers, unsalted tops, 450 g	3.52	3.44	3.70
Bread, white, private label, 570 g	-	2.52	1.94
Pasta, macaroni or spaghetti, enriched, 900 g	3.13	3.11	3.16
Flour, white, enriched, all purpose, 5 kg	9.53	9.28	9.82
Rice, converted, natural long grain, 900 g	5.39	5.49	5.52

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

'-' Indicates new food item not previously priced.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for Barrhead-Westlock, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	July 20-24, 2009	December 7-11, 2009
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	2.68	3.01
Melon, cantaloupe, kg	-	2.55	2.82
Sweet Potato or Yam, kg	-	2.52	1.97
Carrots, kg	2.03	1.94	1.70
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.75	3.93	3.83
Vegetables, mixed, frozen, 750 g	3.75	3.93	3.83
Peas, green, frozen, 750 g	3.75	3.93	3.83
Broccoli, bunches, kg	4.95	2.41	3.29
Lettuce, romaine, kg	-	4.10	7.15
Peppers, sweet green bell, kg	-	5.99	6.33
Other Fresh Vegetables & Fruits			
Apples, kg	3.99	3.54	2.61
Bananas, kg	1.82	1.72	1.63
Grapes, red or green, seedless, kg	-	7.03	6.47
Oranges, kg	3.87	3.73	3.23
Pears, kg	-	3.51	3.10
Cabbage, green, kg	1.34	2.09	1.50
Celery, stalks, kg	-	1.58	2.52
Cucumber, long english, kg	-	2.91	4.75
Lettuce, iceberg, kg	4.03	2.43	3.28
Mushrooms, white, bulk, kg	-	7.95	7.35
Onions, yellow, cooking, kg	1.94	2.41	1.58
Potatoes, white or red, 4.54 kg	4.98	6.36	5.74
Rutabaga, kg	-	2.15	1.73
Tomatoes, red, kg	5.58	2.76	5.88
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.49	3.49	2.92
Orange juice, frozen concentrate, 355 ml	2.11	1.94	1.98
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	-	3.96	4.21
Raisins, seedless, Sultana or Thompson, 750 g	-	5.46	4.83
Strawberries, frozen, unsweetened, 600 g	-	6.71	6.90
Corn, canned vacuum packed, 341 ml	1.14	1.14	1.57
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	2.19	2.13	2.37
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.34	5.73	5.42
Oil, canola, 946 ml	4.52	4.88	5.16
Salad Dressing, Italian, 475 ml	3.76	3.58	3.68
Mayonnaise, 475 ml	-	3.97	3.86
Butter, 454 g	3.97	4.22	4.12
Sweeteners			
Sugar, white granulated, 4 kg	5.49	5.11	4.99
Honey, creamed, pasteurized, 500 g	5.41	5.21	5.74

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

'-' Indicates new food item not previously priced

(2) Specifications changed February 2009

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Average Retail Food Prices for Brooks-Bassano, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	December 7-11, 2009
Milk Products & Alternatives	
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	3.42
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.87
Cheddar Cheese, medium, 100 g	1.62
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.53
Processed Cheese, slices, 500 g	5.96
Ice Cream, 4 litre	6.75
Eggs	
Eggs, grade A large, dozen	2.34
Beef	
Inside Round Steak, boneless, kg	10.57
Inside Round Roast, boneless, kg	9.18
Ground Beef, lean, kg	6.63
Pork & Processed Meats	
Pork Loin Chops, centre-cut, bone-in, kg	10.41
Ham, sliced, regular, 175 g	4.24
Poultry	
Chicken, grade A, whole fryer, kg	6.40
Chicken Thighs, kg	7.62
Chicken Drumsticks, kg	6.58
Chicken Breasts, boneless & skinless, kg	13.88
Fish	
Fish, Sole, frozen, 400 g	7.45
Canned Salmon, sockeye, 213 g	4.15
Canned Tuna, flaked or chunk, in water, 170 g	1.60
Meat Alternatives	
Peanut Butter, smooth or crunchy, 1 kg	6.26
Peanuts, dry roasted, 700 g	5.89
Baked Beans, canned, 398 ml	1.32
Lentils, dry, 400 g	2.22
Whole Grain Products	
Cereal, bran flakes with raisins, 675 g	5.19
Cereal, oats, quick cooking, 1 kg	4.12
Cereal, toasted oats O's, 525 g	5.98
Pita, whole-wheat, 324 g, 6's	3.02
Bread, whole-wheat, private label, 680 g	3.31
Flour, whole-wheat, 5 kg	8.47
Non-Whole Grain Products	
Cookies, arrowroot, 350 g	4.25
Buns, hamburger, white, 540 g, 12's	3.07
Soda Crackers, unsalted tops, 450 g	3.76
Bread, white, private label, 570 g	2.42
Pasta, macaroni or spaghetti, enriched, 900 g	3.43
Flour, white, enriched, all purpose, 5 kg	8.47
Rice, converted, natural long grain, 900 g	6.06

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for Brooks-Bassano, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	December 7-11, 2009
Orange Vegetables & Fruits	
Peaches, canned halves or slices, juice or water pack, 398 ml	2.66
Melon, cantaloupe, kg	1.81
Sweet Potato or Yam, kg	2.46
Carrots, kg	1.67
Dark Green Vegetables	
Beans, green, frozen, 750 g	4.42
Vegetables, mixed, frozen, 750 g	4.22
Peas, green, frozen, 750 g	4.22
Broccoli, bunches, kg	3.67
Lettuce, romaine, kg	5.33
Peppers, sweet green bell, kg	4.54
Other Fresh Vegetables & Fruits	
Apples, kg	2.07
Bananas, kg	1.47
Grapes, red or green, seedless, kg	6.23
Oranges, kg	3.13
Pears, kg	2.60
Cabbage, green, kg	1.19
Celery, stalks, kg	1.88
Cucumber, long english, kg	4.81
Lettuce, iceberg, kg	3.59
Mushrooms, white, bulk, kg	8.45
Onions, yellow, cooking, kg	1.63
Potatoes, white or red, 4.54 kg	4.04
Rutabaga, kg	1.54
Tomatoes, red, kg	5.91
Other Processed Vegetables & Fruits	
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.52
Orange juice, frozen concentrate, 355 ml	1.85
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	4.58
Raisins, seedless, Sultana or Thompson, 750 g	6.53
Strawberries, frozen, unsweetened, 600 g	6.67
Corn, canned vacuum packed, 341 ml	1.83
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	2.53
Fats & Oils	
Margarine, soft, canola, low in saturated fat, 907 g	5.27
Oil, canola, 946 ml	5.41
Salad Dressing, Italian, 475 ml	3.55
Mayonnaise, 475 ml	4.73
Butter, 454 g	3.86
Sweeteners	
Sugar, white granulated, 4 kg	5.82
Honey, creamed, pasteurized, 500 g	6.12

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(2) Specifications changed February 2009

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Average Retail Food Prices for Calgary, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	July 20-24, 2009	December 7-11, 2009
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	2.65	3.04	3.11
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.62	2.98	2.88
Cheddar Cheese, medium, 100 g	1.65	1.46	1.73
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.91	1.42	1.68
Processed Cheese, slices, 500 g	-	4.54	5.39
Ice Cream, 4 litre	5.68	5.31	6.25
Eggs			
Eggs, grade A large, dozen	2.18	2.27	2.34
Beef			
Inside Round Steak, boneless, kg	-	11.12	12.95
Inside Round Roast, boneless, kg	-	9.44	8.11
Ground Beef, lean, kg	6.59	6.99	6.13
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	8.86	10.45	10.47
Ham, sliced, regular, 175 g	-	4.18	4.15
Poultry			
Chicken, grade A, whole fryer, kg	7.47	7.14	6.99
Chicken Thighs, kg	7.63	7.87	7.98
Chicken Drumsticks, kg	6.94	7.36	7.30
Chicken Breasts, boneless & skinless, kg	16.45	18.08	17.04
Fish			
Fish, Sole, frozen, 400 g	-	6.61	5.66
Canned Salmon, sockeye, 213 g	4.24	3.79	4.09
Canned Tuna, flaked or chunk, in water, 170 g	1.88	1.96	2.28
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	5.17	5.28	5.59
Peanuts, dry roasted, 700 g	-	4.72	5.40
Baked Beans, canned, 398 ml	1.38	1.45	1.49
Lentils, dry, 400 g	-	2.77	2.32
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	3.98	5.42
Cereal, oats, quick cooking, 1 kg	-	4.38	4.32
Cereal, toasted oats O's, 525 g	-	5.63	5.93
Pita, whole-wheat, 324 g, 6's	-	2.45	3.08
Bread, whole-wheat, private label, 680 g	-	2.69	3.44
Flour, whole-wheat, 5 kg	8.69	8.88	7.59
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	4.13	4.18
Buns, hamburger, white, 540 g, 12's	-	2.57	3.06
Soda Crackers, unsalted tops, 450 g	3.14	3.10	3.42
Bread, white, private label, 570 g	-	2.73	2.84
Pasta, macaroni or spaghetti, enriched, 900 g	2.68	3.04	3.54
Flour, white, enriched, all purpose, 5 kg	8.69	8.88	7.39
Rice, converted, natural long grain, 900 g	4.76	5.65	5.57

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

'-' Indicates new food item not previously priced.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for Calgary, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	July 20-24, 2009	December 7-11, 2009
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	2.62	3.05
Melon, cantaloupe, kg	-	1.45	2.67
Sweet Potato or Yam, kg	-	3.08	2.48
Carrots, kg	1.68	1.66	1.56
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.54	4.09	3.87
Vegetables, mixed, frozen, 750 g	3.54	4.09	3.87
Peas, green, frozen, 750 g	3.54	4.09	3.87
Broccoli, bunches, kg	4.53	3.40	3.13
Lettuce, romaine, kg	-	2.21	5.29
Peppers, sweet green bell, kg	-	6.63	4.11
Other Fresh Vegetables & Fruits			
Apples, kg	3.17	2.98	2.36
Bananas, kg	1.72	1.70	1.65
Grapes, red or green, seedless, kg	-	5.57	4.87
Oranges, kg	3.62	3.81	3.46
Pears, kg	-	3.09	3.19
Cabbage, green, kg	1.30	1.59	1.90
Celery, stalks, kg	-	1.89	2.36
Cucumber, long english, kg	-	2.41	5.55
Lettuce, iceberg, kg	2.98	2.07	3.00
Mushrooms, white, bulk, kg	-	7.35	7.85
Onions, yellow, cooking, kg	1.81	2.32	1.15
Potatoes, white or red, 4.54 kg	7.16	6.70	4.71
Rutabaga, kg	-	1.71	1.98
Tomatoes, red, kg	6.04	3.55	4.50
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.36	3.48	3.31
Orange juice, frozen concentrate, 355 ml	1.78	2.23	2.18
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	-	3.14	4.40
Raisins, seedless, Sultana or Thompson, 750 g	-	5.89	7.00
Strawberries, frozen, unsweetened, 600 g	-	6.34	6.05
Corn, canned vacuum packed, 341 ml	1.37	1.66	1.73
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	2.04	2.25	2.37
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	4.98	4.66	4.91
Oil, canola, 946 ml	4.87	4.99	5.28
Salad Dressing, Italian, 475 ml	3.29	3.56	3.60
Mayonnaise, 475 ml	-	4.10	4.05
Butter, 454 g	3.80	3.90	4.51
Sweeteners			
Sugar, white granulated, 4 kg	4.82	5.42	4.52
Honey, creamed, pasteurized, 500 g	5.43	6.83	6.95

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

'-' Indicates new food item not previously priced

(2) Specifications changed February 2009

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Average Retail Food Prices for Camrose, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	December 7-11, 2009
Milk Products & Alternatives	
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	3.02
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.26
Cheddar Cheese, medium, 100 g	1.22
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.48
Processed Cheese, slices, 500 g	4.98
Ice Cream, 4 litre	6.48
Eggs	
Eggs, grade A large, dozen	2.24
Beef	
Inside Round Steak, boneless, kg	9.17
Inside Round Roast, boneless, kg	7.60
Ground Beef, lean, kg	6.31
Pork & Processed Meats	
Pork Loin Chops, centre-cut, bone-in, kg	9.79
Ham, sliced, regular, 175 g	3.98
Poultry	
Chicken, grade A, whole fryer, kg	7.19
Chicken Thighs, kg	5.56
Chicken Drumsticks, kg	6.42
Chicken Breasts, boneless & skinless, kg	14.24
Fish	
Fish, Sole, frozen, 400 g	5.81
Canned Salmon, sockeye, 213 g	3.57
Canned Tuna, flaked or chunk, in water, 170 g	1.48
Meat Alternatives	
Peanut Butter, smooth or crunchy, 1 kg	5.08
Peanuts, dry roasted, 700 g	3.82
Baked Beans, canned, 398 ml	1.13
Lentils, dry, 400 g	2.78
Whole Grain Products	
Cereal, bran flakes with raisins, 675 g	5.12
Cereal, oats, quick cooking, 1 kg	3.41
Cereal, toasted oats O's, 525 g	6.16
Pita, whole-wheat, 324 g, 6's	2.74
Bread, whole-wheat, private label, 680 g	3.15
Flour, whole-wheat, 5 kg	7.65
Non-Whole Grain Products	
Cookies, arrowroot, 350 g	4.09
Buns, hamburger, white, 540 g, 12's	2.65
Soda Crackers, unsalted tops, 450 g	3.28
Bread, white, private label, 570 g	2.49
Pasta, macaroni or spaghetti, enriched, 900 g	2.98
Flour, white, enriched, all purpose, 5 kg	7.65
Rice, converted, natural long grain, 900 g	5.66

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for Camrose, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	December 7-11, 2009
Orange Vegetables & Fruits	
Peaches, canned halves or slices, juice or water pack, 398 ml	2.95
Melon, cantaloupe, kg	2.13
Sweet Potato or Yam, kg	2.68
Carrots, kg	1.62
Dark Green Vegetables	
Beans, green, frozen, 750 g	3.55
Vegetables, mixed, frozen, 750 g	3.55
Peas, green, frozen, 750 g	3.55
Broccoli, bunches, kg	1.98
Lettuce, romaine, kg	6.13
Peppers, sweet green bell, kg	3.99
Other Fresh Vegetables & Fruits	
Apples, kg	2.76
Bananas, kg	1.43
Grapes, red or green, seedless, kg	5.46
Oranges, kg	2.98
Pears, kg	3.06
Cabbage, green, kg	1.43
Celery, stalks, kg	1.22
Cucumber, long english, kg	4.00
Lettuce, iceberg, kg	2.80
Mushrooms, white, bulk, kg	5.98
Onions, yellow, cooking, kg	1.14
Potatoes, white or red, 4.54 kg	5.12
Rutabaga, kg	1.51
Tomatoes, red, kg	4.30
Other Processed Vegetables & Fruits	
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.89
Orange juice, frozen concentrate, 355 ml	1.50
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	4.09
Raisins, seedless, Sultana or Thompson, 750 g	5.91
Strawberries, frozen, unsweetened, 600 g	6.22
Corn, canned vacuum packed, 341 ml	1.53
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	2.12
Fats & Oils	
Margarine, soft, canola, low in saturated fat, 907 g	4.98
Oil, canola, 946 ml	5.12
Salad Dressing, Italian, 475 ml	3.39
Mayonnaise, 475 ml	4.05
Butter, 454 g	3.74
Sweeteners	
Sugar, white granulated, 4 kg	5.11
Honey, creamed, pasteurized, 500 g	6.04

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(2) Specifications changed February 2009

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Average Retail Food Prices for Carstairs-Crossfield-Didsbury, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	July 20-24, 2009	December 7-11, 2009
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	2.84	3.23	3.23
Yogurt, flavoured, 2% M.F. or less, 750 ml	3.16	2.83	2.65
Cheddar Cheese, medium, 100 g	1.78	1.34	1.21
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.78	1.44	1.49
Processed Cheese, slices, 500 g	-	6.49	5.39
Ice Cream, 4 litre	5.76	4.55	6.42
Eggs			
Eggs, grade A large, dozen	2.62	2.49	2.49
Beef			
Inside Round Steak, boneless, kg	-	10.43	11.45
Inside Round Roast, boneless, kg	-	10.11	8.13
Ground Beef, lean, kg	6.59	6.68	6.46
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	11.45	11.82	9.94
Ham, sliced, regular, 175 g	-	3.79	3.79
Poultry			
Chicken, grade A, whole fryer, kg	6.00	6.47	5.70
Chicken Thighs, kg	6.00	6.99	6.85
Chicken Drumsticks, kg	5.66	6.64	6.57
Chicken Breasts, boneless & skinless, kg	15.29	16.84	15.66
Fish			
Fish, Sole, frozen, 400 g	-	7.26	7.59
Canned Salmon, sockeye, 213 g	3.62	3.96	3.73
Canned Tuna, flaked or chunk, in water, 170 g	1.52	1.66	1.79
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	5.49	5.42	5.56
Peanuts, dry roasted, 700 g	-	5.76	5.26
Baked Beans, canned, 398 ml	1.29	1.56	1.34
Lentils, dry, 400 g	-	2.52	2.82
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	6.15	5.09
Cereal, oats, quick cooking, 1 kg	-	4.62	4.62
Cereal, toasted oats O's, 525 g	-	6.32	5.99
Pita, whole-wheat, 324 g, 6's	-	3.82	3.09
Bread, whole-wheat, private label, 680 g	-	3.79	3.69
Flour, whole-wheat, 5 kg	9.65	9.59	8.15
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	4.79	4.56
Buns, hamburger, white, 540 g, 12's	-	2.89	3.02
Soda Crackers, unsalted tops, 450 g	3.32	3.79	3.62
Bread, white, private label, 570 g	-	3.09	2.62
Pasta, macaroni or spaghetti, enriched, 900 g	3.42	3.39	3.39
Flour, white, enriched, all purpose, 5 kg	9.65	9.59	8.15
Rice, converted, natural long grain, 900 g	5.52	5.82	5.36

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

'-' Indicates new food item not previously priced.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for Carstairs-Crossfield-Didsbury, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	July 20-24, 2009	December 7-11, 2009
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	2.39	2.42
Melon, cantaloupe, kg	-	2.72	2.34
Sweet Potato or Yam, kg	-	2.69	2.18
Carrots, kg	1.91	2.27	2.13
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.76	3.66	3.77
Vegetables, mixed, frozen, 750 g	3.76	3.66	3.77
Peas, green, frozen, 750 g	3.76	3.66	3.77
Broccoli, bunches, kg	5.48	4.22	5.34
Lettuce, romaine, kg	-	4.36	6.29
Peppers, sweet green bell, kg	-	7.61	8.05
Other Fresh Vegetables & Fruits			
Apples, kg	3.87	2.99	2.67
Bananas, kg	1.74	1.56	1.45
Grapes, red or green, seedless, kg	-	7.10	7.24
Oranges, kg	4.02	3.95	3.36
Pears, kg	-	4.39	3.25
Cabbage, green, kg	1.37	1.52	1.15
Celery, stalks, kg	-	2.25	2.47
Cucumber, long english, kg	-	4.53	4.57
Lettuce, iceberg, kg	3.54	2.62	4.25
Mushrooms, white, bulk, kg	-	7.17	7.10
Onions, yellow, cooking, kg	1.93	2.10	1.39
Potatoes, white or red, 4.54 kg	9.66	9.79	6.99
Rutabaga, kg	-	2.34	1.59
Tomatoes, red, kg	7.62	4.23	5.34
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.36	3.57	3.41
Orange juice, frozen concentrate, 355 ml	1.89	1.89	2.22
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	-	3.78	4.27
Raisins, seedless, Sultana or Thompson, 750 g	-	4.59	4.76
Strawberries, frozen, unsweetened, 600 g	-	7.59	6.76
Corn, canned vacuum packed, 341 ml	1.59	1.56	1.66
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	1.96	1.95	2.39
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	5.75	6.09	5.82
Oil, canola, 946 ml	4.72	4.99	4.92
Salad Dressing, Italian, 475 ml	3.18	3.52	3.24
Mayonnaise, 475 ml	-	3.72	3.75
Butter, 454 g	3.40	4.05	3.98
Sweeteners			
Sugar, white granulated, 4 kg	5.59	5.32	5.32
Honey, creamed, pasteurized, 500 g	5.59	6.49	5.26

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

'-' Indicates new food item not previously priced

(2) Specifications changed February 2009

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Average Retail Food Prices for Edmonton, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	July 20-24, 2009	December 7-11, 2009
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	2.66	3.01	3.05
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.39	2.77	2.58
Cheddar Cheese, medium, 100 g	1.41	1.43	1.19
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.40	1.43	1.26
Processed Cheese, slices, 500 g	-	4.80	5.13
Ice Cream, 4 litre	5.76	6.24	6.35
Eggs			
Eggs, grade A large, dozen	2.28	2.30	2.10
Beef			
Inside Round Steak, boneless, kg	-	11.40	9.02
Inside Round Roast, boneless, kg	-	10.70	7.41
Ground Beef, lean, kg	6.99	7.36	6.59
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	9.30	10.36	9.72
Ham, sliced, regular, 175 g	-	4.07	4.00
Poultry			
Chicken, grade A, whole fryer, kg	7.23	6.06	5.18
Chicken Thighs, kg	7.19	7.69	7.80
Chicken Drumsticks, kg	6.72	7.65	7.14
Chicken Breasts, boneless & skinless, kg	17.13	16.84	14.93
Fish			
Fish, Sole, frozen, 400 g	-	6.86	6.11
Canned Salmon, sockeye, 213 g	3.50	3.89	3.58
Canned Tuna, flaked or chunk, in water, 170 g	1.47	1.62	1.62
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	3.63	5.37	5.43
Peanuts, dry roasted, 700 g	-	4.62	3.88
Baked Beans, canned, 398 ml	1.24	1.36	1.18
Lentils, dry, 400 g	-	1.87	1.85
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	4.39	4.81
Cereal, oats, quick cooking, 1 kg	-	4.28	3.63
Cereal, toasted oats O's, 525 g	-	6.12	6.13
Pita, whole-wheat, 324 g, 6's	-	2.94	3.15
Bread, whole-wheat, private label, 680 g	-	3.73	3.25
Flour, whole-wheat, 5 kg	9.25	9.83	8.28
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	4.01	4.01
Buns, hamburger, white, 540 g, 12's	-	2.38	2.97
Soda Crackers, unsalted tops, 450 g	3.09	3.23	3.21
Bread, white, private label, 570 g	-	2.91	2.50
Pasta, macaroni or spaghetti, enriched, 900 g	3.05	2.63	3.03
Flour, white, enriched, all purpose, 5 kg	9.25	9.73	7.93
Rice, converted, natural long grain, 900 g	5.61	5.77	5.76

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

'-' Indicates new food item not previously priced.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for Edmonton, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	July 20-24, 2009	December 7-11, 2009
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	2.72	2.70
Melon, cantaloupe, kg	-	1.77	2.07
Sweet Potato or Yam, kg	-	3.34	2.46
Carrots, kg	1.65	1.69	1.51
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.34	3.89	3.52
Vegetables, mixed, frozen, 750 g	3.34	3.89	3.52
Peas, green, frozen, 750 g	3.34	3.89	3.52
Broccoli, bunches, kg	4.90	2.82	3.29
Lettuce, romaine, kg	-	2.02	4.78
Peppers, sweet green bell, kg	-	4.99	4.21
Other Fresh Vegetables & Fruits			
Apples, kg	2.49	2.82	2.65
Bananas, kg	1.61	1.63	1.50
Grapes, red or green, seedless, kg	-	4.12	4.44
Oranges, kg	3.02	3.28	2.82
Pears, kg	-	3.24	2.51
Cabbage, green, kg	1.23	1.96	1.34
Celery, stalks, kg	-	1.56	1.94
Cucumber, long english, kg	-	2.75	3.74
Lettuce, iceberg, kg	2.58	1.94	3.48
Mushrooms, white, bulk, kg	-	7.36	6.16
Onions, yellow, cooking, kg	1.61	1.81	1.21
Potatoes, white or red, 4.54 kg	5.10	5.94	3.99
Rutabaga, kg	-	1.65	1.42
Tomatoes, red, kg	5.25	3.44	4.03
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.25	3.37	3.15
Orange juice, frozen concentrate, 355 ml	1.94	1.92	1.68
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	-	3.29	3.42
Raisins, seedless, Sultana or Thompson, 750 g	-	4.65	4.97
Strawberries, frozen, unsweetened, 600 g	-	6.24	5.87
Corn, canned vacuum packed, 341 ml	1.20	1.53	1.66
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	1.69	2.07	2.11
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	4.83	5.58	4.79
Oil, canola, 946 ml	5.26	4.78	4.92
Salad Dressing, Italian, 475 ml	3.70	3.39	3.01
Mayonnaise, 475 ml	-	3.93	4.27
Butter, 454 g	3.88	3.89	3.71
Sweeteners			
Sugar, white granulated, 4 kg	4.81	5.29	4.55
Honey, creamed, pasteurized, 500 g	4.99	5.54	5.95

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

'-' Indicates new food item not previously priced

(2) Specifications changed February 2009

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Average Retail Food Prices for Lethbridge, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	December 7-11, 2009
Milk Products & Alternatives	
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	3.07
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.93
Cheddar Cheese, medium, 100 g	1.71
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.53
Processed Cheese, slices, 500 g	4.29
Ice Cream, 4 litre	6.49
Eggs	
Eggs, grade A large, dozen	2.20
Beef	
Inside Round Steak, boneless, kg	10.95
Inside Round Roast, boneless, kg	9.03
Ground Beef, lean, kg	7.01
Pork & Processed Meats	
Pork Loin Chops, centre-cut, bone-in, kg	9.37
Ham, sliced, regular, 175 g	4.44
Poultry	
Chicken, grade A, whole fryer, kg	6.44
Chicken Thighs, kg	6.97
Chicken Drumsticks, kg	6.46
Chicken Breasts, boneless & skinless, kg	13.76
Fish	
Fish, Sole, frozen, 400 g	6.40
Canned Salmon, sockeye, 213 g	3.93
Canned Tuna, flaked or chunk, in water, 170 g	1.93
Meat Alternatives	
Peanut Butter, smooth or crunchy, 1 kg	5.76
Peanuts, dry roasted, 700 g	4.14
Baked Beans, canned, 398 ml	1.23
Lentils, dry, 400 g	1.89
Whole Grain Products	
Cereal, bran flakes with raisins, 675 g	4.84
Cereal, oats, quick cooking, 1 kg	4.21
Cereal, toasted oats O's, 525 g	5.31
Pita, whole-wheat, 324 g, 6's	4.28
Bread, whole-wheat, private label, 680 g	3.78
Flour, whole-wheat, 5 kg	8.19
Non-Whole Grain Products	
Cookies, arrowroot, 350 g	4.07
Buns, hamburger, white, 540 g, 12's	3.69
Soda Crackers, unsalted tops, 450 g	3.51
Bread, white, private label, 570 g	2.92
Pasta, macaroni or spaghetti, enriched, 900 g	3.27
Flour, white, enriched, all purpose, 5 kg	8.19
Rice, converted, natural long grain, 900 g	5.11

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for Lethbridge, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	December 7-11, 2009
Orange Vegetables & Fruits	
Peaches, canned halves or slices, juice or water pack, 398 ml	2.99
Melon, cantaloupe, kg	2.11
Sweet Potato or Yam, kg	3.00
Carrots, kg	1.68
Dark Green Vegetables	
Beans, green, frozen, 750 g	3.74
Vegetables, mixed, frozen, 750 g	3.74
Peas, green, frozen, 750 g	3.74
Broccoli, bunches, kg	3.69
Lettuce, romaine, kg	4.41
Peppers, sweet green bell, kg	4.59
Other Fresh Vegetables & Fruits	
Apples, kg	2.36
Bananas, kg	1.52
Grapes, red or green, seedless, kg	5.97
Oranges, kg	2.60
Pears, kg	3.05
Cabbage, green, kg	1.34
Celery, stalks, kg	1.93
Cucumber, long english, kg	3.97
Lettuce, iceberg, kg	3.57
Mushrooms, white, bulk, kg	6.42
Onions, yellow, cooking, kg	1.47
Potatoes, white or red, 4.54 kg	3.82
Rutabaga, kg	1.53
Tomatoes, red, kg	5.09
Other Processed Vegetables & Fruits	
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.83
Orange juice, frozen concentrate, 355 ml	1.70
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	4.45
Raisins, seedless, Sultana or Thompson, 750 g	4.87
Strawberries, frozen, unsweetened, 600 g	6.04
Corn, canned vacuum packed, 341 ml	1.65
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	2.18
Fats & Oils	
Margarine, soft, canola, low in saturated fat, 907 g	5.22
Oil, canola, 946 ml	4.86
Salad Dressing, Italian, 475 ml	2.92
Mayonnaise, 475 ml	4.45
Butter, 454 g	3.67
Sweeteners	
Sugar, white granulated, 4 kg	4.64
Honey, creamed, pasteurized, 500 g	6.61

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(2) Specifications changed February 2009

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Average Retail Food Prices for Medicine Hat, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	December 7-11, 2009
Milk Products & Alternatives	
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	3.09
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.57
Cheddar Cheese, medium, 100 g	1.48
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.42
Processed Cheese, slices, 500 g	5.10
Ice Cream, 4 litre	6.28
Eggs	
Eggs, grade A large, dozen	2.20
Beef	
Inside Round Steak, boneless, kg	8.76
Inside Round Roast, boneless, kg	7.21
Ground Beef, lean, kg	5.86
Pork & Processed Meats	
Pork Loin Chops, centre-cut, bone-in, kg	9.50
Ham, sliced, regular, 175 g	4.13
Poultry	
Chicken, grade A, whole fryer, kg	7.21
Chicken Thighs, kg	7.30
Chicken Drumsticks, kg	6.53
Chicken Breasts, boneless & skinless, kg	13.89
Fish	
Fish, Sole, frozen, 400 g	6.28
Canned Salmon, sockeye, 213 g	3.84
Canned Tuna, flaked or chunk, in water, 170 g	1.80
Meat Alternatives	
Peanut Butter, smooth or crunchy, 1 kg	5.68
Peanuts, dry roasted, 700 g	3.79
Baked Beans, canned, 398 ml	1.07
Lentils, dry, 400 g	2.03
Whole Grain Products	
Cereal, bran flakes with raisins, 675 g	5.24
Cereal, oats, quick cooking, 1 kg	3.43
Cereal, toasted oats O's, 525 g	6.12
Pita, whole-wheat, 324 g, 6's	2.75
Bread, whole-wheat, private label, 680 g	3.12
Flour, whole-wheat, 5 kg	7.37
Non-Whole Grain Products	
Cookies, arrowroot, 350 g	4.08
Buns, hamburger, white, 540 g, 12's	2.77
Soda Crackers, unsalted tops, 450 g	3.36
Bread, white, private label, 570 g	2.43
Pasta, macaroni or spaghetti, enriched, 900 g	3.17
Flour, white, enriched, all purpose, 5 kg	7.37
Rice, converted, natural long grain, 900 g	5.68

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for Medicine Hat, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	December 7-11, 2009
Orange Vegetables & Fruits	
Peaches, canned halves or slices, juice or water pack, 398 ml	3.02
Melon, cantaloupe, kg	1.94
Sweet Potato or Yam, kg	2.49
Carrots, kg	1.60
Dark Green Vegetables	
Beans, green, frozen, 750 g	3.53
Vegetables, mixed, frozen, 750 g	3.53
Peas, green, frozen, 750 g	3.53
Broccoli, bunches, kg	4.00
Lettuce, romaine, kg	5.49
Peppers, sweet green bell, kg	4.51
Other Fresh Vegetables & Fruits	
Apples, kg	2.31
Bananas, kg	1.50
Grapes, red or green, seedless, kg	4.29
Oranges, kg	2.56
Pears, kg	2.56
Cabbage, green, kg	1.21
Celery, stalks, kg	1.75
Cucumber, long english, kg	5.41
Lettuce, iceberg, kg	5.53
Mushrooms, white, bulk, kg	6.34
Onions, yellow, cooking, kg	1.28
Potatoes, white or red, 4.54 kg	4.68
Rutabaga, kg	1.56
Tomatoes, red, kg	4.06
Other Processed Vegetables & Fruits	
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.20
Orange juice, frozen concentrate, 355 ml	1.42
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	4.35
Raisins, seedless, Sultana or Thompson, 750 g	5.06
Strawberries, frozen, unsweetened, 600 g	5.78
Corn, canned vacuum packed, 341 ml	1.76
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	2.22
Fats & Oils	
Margarine, soft, canola, low in saturated fat, 907 g	5.11
Oil, canola, 946 ml	5.19
Salad Dressing, Italian, 475 ml	3.15
Mayonnaise, 475 ml	3.91
Butter, 454 g	3.94
Sweeteners	
Sugar, white granulated, 4 kg	4.59
Honey, creamed, pasteurized, 500 g	6.20

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(2) Specifications changed February 2009

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Average Retail Food Prices for Olds, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	December 7-11, 2009
Milk Products & Alternatives	
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	2.98
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.66
Cheddar Cheese, medium, 100 g	1.13
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.25
Processed Cheese, slices, 500 g	5.13
Ice Cream, 4 litre	5.75
Eggs	
Eggs, grade A large, dozen	2.23
Beef	
Inside Round Steak, boneless, kg	9.89
Inside Round Roast, boneless, kg	10.48
Ground Beef, lean, kg	6.31
Pork & Processed Meats	
Pork Loin Chops, centre-cut, bone-in, kg	10.67
Ham, sliced, regular, 175 g	3.62
Poultry	
Chicken, grade A, whole fryer, kg	6.86
Chicken Thighs, kg	6.44
Chicken Drumsticks, kg	6.26
Chicken Breasts, boneless & skinless, kg	15.94
Fish	
Fish, Sole, frozen, 400 g	5.66
Canned Salmon, sockeye, 213 g	3.13
Canned Tuna, flaked or chunk, in water, 170 g	1.26
Meat Alternatives	
Peanut Butter, smooth or crunchy, 1 kg	4.72
Peanuts, dry roasted, 700 g	5.27
Baked Beans, canned, 398 ml	1.32
Lentils, dry, 400 g	2.50
Whole Grain Products	
Cereal, bran flakes with raisins, 675 g	5.66
Cereal, oats, quick cooking, 1 kg	3.90
Cereal, toasted oats O's, 525 g	4.86
Pita, whole-wheat, 324 g, 6's	2.97
Bread, whole-wheat, private label, 680 g	2.83
Flour, whole-wheat, 5 kg	8.81
Non-Whole Grain Products	
Cookies, arrowroot, 350 g	4.22
Buns, hamburger, white, 540 g, 12's	3.12
Soda Crackers, unsalted tops, 450 g	3.26
Bread, white, private label, 570 g	2.46
Pasta, macaroni or spaghetti, enriched, 900 g	2.92
Flour, white, enriched, all purpose, 5 kg	8.78
Rice, converted, natural long grain, 900 g	4.83

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for Olds, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	December 7-11, 2009
Orange Vegetables & Fruits	
Peaches, canned halves or slices, juice or water pack, 398 ml	2.63
Melon, cantaloupe, kg	2.32
Sweet Potato or Yam, kg	1.95
Carrots, kg	1.29
Dark Green Vegetables	
Beans, green, frozen, 750 g	3.55
Vegetables, mixed, frozen, 750 g	3.55
Peas, green, frozen, 750 g	3.55
Broccoli, bunches, kg	3.53
Lettuce, romaine, kg	5.62
Peppers, sweet green bell, kg	8.50
Other Fresh Vegetables & Fruits	
Apples, kg	2.27
Bananas, kg	1.50
Grapes, red or green, seedless, kg	5.49
Oranges, kg	3.00
Pears, kg	2.62
Cabbage, green, kg	1.30
Celery, stalks, kg	1.54
Cucumber, long english, kg	5.04
Lettuce, iceberg, kg	3.13
Mushrooms, white, bulk, kg	6.15
Onions, yellow, cooking, kg	1.36
Potatoes, white or red, 4.54 kg	4.19
Rutabaga, kg	1.43
Tomatoes, red, kg	4.92
Other Processed Vegetables & Fruits	
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	2.76
Orange juice, frozen concentrate, 355 ml	1.93
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	3.93
Raisins, seedless, Sultana or Thompson, 750 g	5.26
Strawberries, frozen, unsweetened, 600 g	5.82
Corn, canned vacuum packed, 341 ml	1.45
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	2.13
Fats & Oils	
Margarine, soft, canola, low in saturated fat, 907 g	5.18
Oil, canola, 946 ml	4.50
Salad Dressing, Italian, 475 ml	3.15
Mayonnaise, 475 ml	3.49
Butter, 454 g	4.69
Sweeteners	
Sugar, white granulated, 4 kg	4.48
Honey, creamed, pasteurized, 500 g	6.27

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(2) Specifications changed February 2009

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Average Retail Food Prices for Red Deer, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	December 7-11, 2009
Milk Products & Alternatives		
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	2.76	3.08
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.67	2.89
Cheddar Cheese, medium, 100 g	1.95	1.15
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.89	1.21
Processed Cheese, slices, 500 g	-	5.16
Ice Cream, 4 litre	5.98	6.32
Eggs		
Eggs, grade A large, dozen	2.32	2.14
Beef		
Inside Round Steak, boneless, kg	-	9.73
Inside Round Roast, boneless, kg	-	7.61
Ground Beef, lean, kg	7.05	6.33
Pork & Processed Meats		
Pork Loin Chops, centre-cut, bone-in, kg	9.81	8.55
Ham, sliced, regular, 175 g	-	4.01
Poultry		
Chicken, grade A, whole fryer, kg	7.80	6.44
Chicken Thighs, kg	7.30	6.24
Chicken Drumsticks, kg	6.92	6.00
Chicken Breasts, boneless & skinless, kg	18.36	12.52
Fish		
Fish, Sole, frozen, 400 g	-	6.30
Canned Salmon, sockeye, 213 g	3.77	3.67
Canned Tuna, flaked or chunk, in water, 170 g	2.02	2.05
Meat Alternatives		
Peanut Butter, smooth or crunchy, 1 kg	4.98	5.61
Peanuts, dry roasted, 700 g	-	4.50
Baked Beans, canned, 398 ml	1.28	1.13
Lentils, dry, 400 g	-	2.69
Whole Grain Products		
Cereal, bran flakes with raisins, 675 g	-	4.87
Cereal, oats, quick cooking, 1 kg	-	3.61
Cereal, toasted oats O's, 525 g	-	6.19
Pita, whole-wheat, 324 g, 6's	-	3.19
Bread, whole-wheat, private label, 680 g	-	2.92
Flour, whole-wheat, 5 kg	9.09	7.67
Non-Whole Grain Products		
Cookies, arrowroot, 350 g	-	4.11
Buns, hamburger, white, 540 g, 12's	-	2.88
Soda Crackers, unsalted tops, 450 g	3.18	3.34
Bread, white, private label, 570 g	-	1.93
Pasta, macaroni or spaghetti, enriched, 900 g	3.07	3.37
Flour, white, enriched, all purpose, 5 kg	9.09	7.67
Rice, converted, natural long grain, 900 g	5.58	5.78

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

'-' Indicates new food item not previously priced.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for Red Deer, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	December 7-11, 2009
Orange Vegetables & Fruits		
Peaches, canned halves or slices, juice or water pack, 398 ml	-	2.87
Melon, cantaloupe, kg	-	2.18
Sweet Potato or Yam, kg	-	2.57
Carrots, kg	1.68	1.54
Dark Green Vegetables		
Beans, green, frozen, 750 g	3.43	3.65
Vegetables, mixed, frozen, 750 g	3.43	3.65
Peas, green, frozen, 750 g	3.43	3.65
Broccoli, bunches, kg	5.02	4.18
Lettuce, romaine, kg	-	3.83
Peppers, sweet green bell, kg	-	5.55
Other Fresh Vegetables & Fruits		
Apples, kg	2.87	2.16
Bananas, kg	1.65	1.54
Grapes, red or green, seedless, kg	-	4.61
Oranges, kg	3.70	3.24
Pears, kg	-	2.98
Cabbage, green, kg	1.30	1.34
Celery, stalks, kg	-	1.88
Cucumber, long english, kg	-	4.67
Lettuce, iceberg, kg	3.20	3.26
Mushrooms, white, bulk, kg	-	6.50
Onions, yellow, cooking, kg	1.63	1.24
Potatoes, white or red, 4.54 kg	5.86	4.45
Rutabaga, kg	-	1.52
Tomatoes, red, kg	5.29	5.51
Other Processed Vegetables & Fruits		
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.33	3.15
Orange juice, frozen concentrate, 355 ml	2.12	1.64
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	-	4.26
Raisins, seedless, Sultana or Thompson, 750 g	-	4.92
Strawberries, frozen, unsweetened, 600 g	-	5.57
Corn, canned vacuum packed, 341 ml	1.53	1.67
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	2.00	2.28
Fats & Oils		
Margarine, soft, canola, low in saturated fat, 907 g	4.90	4.97
Oil, canola, 946 ml	5.14	5.01
Salad Dressing, Italian, 475 ml	3.84	3.07
Mayonnaise, 475 ml	-	4.20
Butter, 454 g	3.53	4.85
Sweeteners		
Sugar, white granulated, 4 kg	5.17	4.51
Honey, creamed, pasteurized, 500 g	5.37	6.04

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

'-' Indicates new food item not previously priced

(2) Specifications changed February 2009

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Average Retail Food Prices for St. Albert, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	July 20-24, 2009	December 7-11, 2009
Milk Products & Alternatives			
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	2.58	2.96	2.98
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.37	2.79	2.59
Cheddar Cheese, medium, 100 g	1.47	1.36	1.18
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.43	1.36	1.26
Processed Cheese, slices, 500 g	-	4.80	5.16
Ice Cream, 4 litre	5.46	6.17	6.30
Eggs			
Eggs, grade A large, dozen	2.25	2.27	2.09
Beef			
Inside Round Steak, boneless, kg	-	11.35	9.11
Inside Round Roast, boneless, kg	-	10.60	7.44
Ground Beef, lean, kg	6.79	7.19	6.53
Pork & Processed Meats			
Pork Loin Chops, centre-cut, bone-in, kg	9.24	10.05	9.46
Ham, sliced, regular, 175 g	-	3.91	3.86
Poultry			
Chicken, grade A, whole fryer, kg	7.25	5.93	6.86
Chicken Thighs, kg	6.86	7.32	7.63
Chicken Drumsticks, kg	6.42	7.39	6.97
Chicken Breasts, boneless & skinless, kg	16.82	16.60	15.30
Fish			
Fish, Sole, frozen, 400 g	-	6.54	6.02
Canned Salmon, sockeye, 213 g	3.29	3.65	3.38
Canned Tuna, flaked or chunk, in water, 170 g	1.47	1.52	1.53
Meat Alternatives			
Peanut Butter, smooth or crunchy, 1 kg	3.78	5.16	5.17
Peanuts, dry roasted, 700 g	-	4.59	3.90
Baked Beans, canned, 398 ml	1.17	1.31	1.19
Lentils, dry, 400 g	-	1.82	1.84
Whole Grain Products			
Cereal, bran flakes with raisins, 675 g	-	4.45	4.35
Cereal, oats, quick cooking, 1 kg	-	4.09	3.54
Cereal, toasted oats O's, 525 g	-	6.20	6.06
Pita, whole-wheat, 324 g, 6's	-	2.98	3.18
Bread, whole-wheat, private label, 680 g	-	3.68	3.20
Flour, whole-wheat, 5 kg	9.22	9.85	8.45
Non-Whole Grain Products			
Cookies, arrowroot, 350 g	-	3.97	3.98
Buns, hamburger, white, 540 g, 12's	-	2.37	2.89
Soda Crackers, unsalted tops, 450 g	3.02	3.18	3.14
Bread, white, private label, 570 g	-	2.82	2.46
Pasta, macaroni or spaghetti, enriched, 900 g	2.96	2.49	2.89
Flour, white, enriched, all purpose, 5 kg	9.22	9.68	8.01
Rice, converted, natural long grain, 900 g	5.45	5.66	5.65

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

'-' Indicates new food item not previously priced.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for St. Albert, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	November 24-28, 2008	July 20-24, 2009	December 7-11, 2009
Orange Vegetables & Fruits			
Peaches, canned halves or slices, juice or water pack, 398 ml	-	2.61	2.59
Melon, cantaloupe, kg	-	1.74	2.05
Sweet Potato or Yam, kg	-	3.18	2.32
Carrots, kg	1.61	1.67	1.47
Dark Green Vegetables			
Beans, green, frozen, 750 g	3.31	3.78	3.41
Vegetables, mixed, frozen, 750 g	3.31	3.78	3.41
Peas, green, frozen, 750 g	3.31	3.78	3.41
Broccoli, bunches, kg	4.62	2.74	3.36
Lettuce, romaine, kg	-	2.02	4.62
Peppers, sweet green bell, kg	-	4.68	3.94
Other Fresh Vegetables & Fruits			
Apples, kg	2.67	2.82	2.62
Bananas, kg	1.57	1.61	1.50
Grapes, red or green, seedless, kg	-	4.09	4.54
Oranges, kg	2.69	3.20	2.82
Pears, kg	-	3.08	2.36
Cabbage, green, kg	1.23	1.92	1.32
Celery, stalks, kg	-	1.51	1.92
Cucumber, long english, kg	-	2.79	3.61
Lettuce, iceberg, kg	2.29	1.81	3.42
Mushrooms, white, bulk, kg	-	7.22	6.15
Onions, yellow, cooking, kg	1.57	1.73	1.20
Potatoes, white or red, 4.54 kg	4.91	5.85	3.80
Rutabaga, kg	-	1.66	1.36
Tomatoes, red, kg	5.09	3.37	3.90
Other Processed Vegetables & Fruits			
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.28	3.30	3.12
Orange juice, frozen concentrate, 355 ml	1.79	1.81	1.72
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	-	3.25	3.35
Raisins, seedless, Sultana or Thompson, 750 g	-	4.46	4.80
Strawberries, frozen, unsweetened, 600 g	-	6.11	5.81
Corn, canned vacuum packed, 341 ml	1.22	1.48	1.59
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	1.54	1.98	2.02
Fats & Oils			
Margarine, soft, canola, low in saturated fat, 907 g	4.88	5.52	4.73
Oil, canola, 946 ml	5.09	4.69	4.84
Salad Dressing, Italian, 475 ml	3.59	3.19	3.01
Mayonnaise, 475 ml	-	3.86	4.21
Butter, 454 g	3.80	3.85	3.67
Sweeteners			
Sugar, white granulated, 4 kg	4.62	5.16	4.46
Honey, creamed, pasteurized, 500 g	4.76	5.28	5.71

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket

'-' Indicates new food item not previously priced

(2) Specifications changed February 2009

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Average Retail Food Prices for Vegreville, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	July 20-24, 2009	December 7-11, 2009
Milk Products & Alternatives		
Milk, 1% partly skimmed, 2 litre - deposit & recycling fee included (1)	3.06	3.05
Yogurt, flavoured, 2% M.F. or less, 750 ml	2.56	2.31
Cheddar Cheese, medium, 100 g	1.22	1.14
Mozzarella Cheese, 16.5% B.F. or less, 100 g	1.22	1.14
Processed Cheese, slices, 500 g	4.59	5.21
Ice Cream, 4 litre	4.57	5.57
Eggs		
Eggs, grade A large, dozen	2.15	2.18
Beef		
Inside Round Steak, boneless, kg	10.84	12.15
Inside Round Roast, boneless, kg	10.23	11.08
Ground Beef, lean, kg	6.75	6.48
Pork & Processed Meats		
Pork Loin Chops, centre-cut, bone-in, kg	10.03	10.36
Ham, sliced, regular, 175 g	3.45	3.45
Poultry		
Chicken, grade A, whole fryer, kg	6.26	4.83
Chicken Thighs, kg	5.09	5.31
Chicken Drumsticks, kg	4.89	5.31
Chicken Breasts, boneless & skinless, kg	15.56	15.23
Fish		
Fish, Sole, frozen, 400 g	5.15	5.14
Canned Salmon, sockeye, 213 g	3.41	3.07
Canned Tuna, flaked or chunk, in water, 170 g	1.68	1.65
Meat Alternatives		
Peanut Butter, smooth or crunchy, 1 kg	4.09	4.21
Peanuts, dry roasted, 700 g	4.33	3.94
Baked Beans, canned, 398 ml	1.31	1.34
Lentils, dry, 400 g	2.02	1.67
Whole Grain Products		
Cereal, bran flakes with raisins, 675 g	4.49	5.07
Cereal, oats, quick cooking, 1 kg	3.53	3.41
Cereal, toasted oats O's, 525 g	4.93	5.04
Pita, whole-wheat, 324 g, 6's	2.77	3.11
Bread, whole-wheat, private label, 680 g	2.68	3.04
Flour, whole-wheat, 5 kg	9.15	9.04
Non-Whole Grain Products		
Cookies, arrowroot, 350 g	4.06	4.02
Buns, hamburger, white, 540 g, 12's	3.28	3.04
Soda Crackers, unsalted tops, 450 g	3.46	2.85
Bread, white, private label, 570 g	2.36	2.41
Pasta, macaroni or spaghetti, enriched, 900 g	2.55	2.28
Flour, white, enriched, all purpose, 5 kg	8.81	9.04
Rice, converted, natural long grain, 900 g	4.68	4.41

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(1) Deposit and recycling fee applicable beginning June 2009

Average Retail Food Prices for Vegreville, Alberta ($) - December 7 to 11, 2009(*)

Food Items by Category	July 20-24, 2009	December 7-11, 2009
Orange Vegetables & Fruits		
Peaches, canned halves or slices, juice or water pack, 398 ml	2.12	2.38
Melon, cantaloupe, kg	1.69	2.77
Sweet Potato or Yam, kg	2.84	1.43
Carrots, kg	1.73	1.49
Dark Green Vegetables		
Beans, green, frozen, 750 g	3.25	3.41
Vegetables, mixed, frozen, 750 g	3.35	3.41
Peas, green, frozen, 750 g	3.35	3.41
Broccoli, bunches, kg	2.82	3.13
Lettuce, romaine, kg	4.94	7.11
Peppers, sweet green bell, kg	3.99	2.89
Other Fresh Vegetables & Fruits		
Apples, kg	2.65	2.03
Bananas, kg	1.50	1.34
Grapes, red or green, seedless, kg	4.00	6.00
Oranges, kg	2.82	2.07
Pears, kg	3.12	2.24
Cabbage, green, kg	1.59	1.15
Celery, stalks, kg	1.29	1.61
Cucumber, long english, kg	2.76	5.40
Lettuce, iceberg, kg	1.87	3.04
Mushrooms, white, bulk, kg	5.34	6.03
Onions, yellow, cooking, kg	1.83	1.09
Potatoes, white or red, 4.54 kg	4.98	4.30
Rutabaga, kg	2.20	1.35
Tomatoes, red, kg	3.28	4.78
Other Processed Vegetables & Fruits		
Apple Juice, unsweetened, 1.36 litre - deposit & recycling fee included	3.26	3.19
Orange juice, frozen concentrate, 355 ml	1.85	1.85
Vegetable juice cocktail, 1.36 litre - deposit & recycling fee included	3.22	3.27
Raisins, seedless, Sultana or Thompson, 750 g	3.79	4.12
Strawberries, frozen, unsweetened, 600 g	6.59	5.09
Corn, canned vacuum packed, 341 ml	1.41	1.34
Tomatoes, canned, whole, 796 ml (changed from 540 ml to 796 ml) (2)	1.52	1.58
Fats & Oils		
Margarine, soft, canola, low in saturated fat, 907 g	5.58	5.44
Oil, canola, 946 ml	4.43	4.64
Salad Dressing, Italian, 475 ml	2.98	2.85
Mayonnaise, 475 ml	3.73	3.41
Butter, 454 g	3.67	3.70
Sweeteners		
Sugar, white granulated, 4 kg	4.46	4.31
Honey, creamed, pasteurized, 500 g	4.72	4.81

(*) Based, in part, on Health Canada's 2008 National Nutritious Food Basket.

(2) Specifications changed February 2009

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